

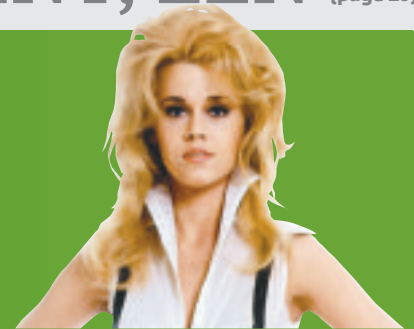
JANE SAYS: FONDA ON PAST, PRESENT, ZEN {page 20}

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NEW YORK
Tuesday, June 26, 2012



FIRST TO THE TOP

► Last beam placed atop 4 WTC ► It's the smallest tower at WTC site, but completion a symbolic step toward rebirth at Ground Zero {page 08}



► A view from the 72nd story: 4 WTC is now 977 feet tall and has sweeping views of New York Harbor. It will be dwarfed by 1 WTC however, which will stand 1,368 feet tall from sidewalk to roof once completed at the end of 2013.

JOE WOOLHEAD

News

Can a frog tell if you're pregnant?

► Brooklyn anthropologist using frogs to do pregnancy tests ► Says it was common technique in 1930s {page 02}

Graphic disdain from Bourdain

Finally, we learn what the chef thinks of those who order California roll {page 17}



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In the news

Sex attack in Crown Heights

Police are searching for a man who raped a woman in Crown Heights yesterday. The woman told police she had been waiting for a cab at around 2 a.m. when a man wielding a box cutter threatened her onto the roof of a nearby building, according to the New York Post. He then raped her and ran away. The woman was treated at Kings County Hospital, FDNY officials told the Post. **METRO/DB**

In the news

\$500K

Three men are facing up to 15 years in prison for allegedly distributing almost \$500,000 worth of counterfeit toys, the Queens district attorney announced yesterday. Ying Jiang, Deqiang Luo and Haiwei Chen allegedly kept knock-off Disney and other toys in warehouses in Queens, the DA alleges. **METRO/DB**

More like bike 'scare?'

SPENCER PLATT/GETTY IMAGES

► City comptroller says more safety guidelines, like mandatory helmets, needed for bike share ► Thousands of blue bikes rolled out next month

More than 7,000 bikes will flood city streets in the much-anticipated bike share program starting next month — but some say the spokes are missing a crucial accessory.

City Comptroller John Liu said yesterday that the program has one glaring hole: the lack of helmets.

"In the rush to place 10,000 bicycles on our streets, City Hall may have pedaled past safety measures," Liu said.

Helmets are not legally required for adults in New York state, and the city Department of Transportation will not require them for the bike share.

DOT spokesman Seth Solomonow told Metro that they encourage every rider to wear a helmet, and are planning giveaways and helmet discounts for bike share members. The DOT has given away more than 50,000 free helmets since 2006, he added.

DOT Commissioner Janette Sadik-Khan said in a statement yesterday that as biking numbers have quadrupled, crash numbers have remained stable.

But Liu, who said he supports the bike share, noted that 97 percent of cyclists killed were not wearing helmets.

Dr. Jamshid Ghajar, head of the Brain Trauma Foundation, said bike helmets can reduce the risk of head injury by 85 percent.

Nancy Gruskin started a bike safety foundation after her husband, Stuart, was killed by a wrong-way delivery

"It's like saying with a car, if you're not willing to put on your seat belt, then maybe you shouldn't have the responsibility or privilege of driving a car."

NANCY GRUSKIN

cyclist in Midtown in 2009.

"I think it's absolutely common sense to understand that someone on a bicycle on a crowded Manhattan street, that they're going to be having their life in their hands if they don't have a helmet on," she said.

Gruskin's husband died from head trauma after he was hit stepping off a curb.

"I am a walking example of if you fall one way, you're OK. If you fall another way, you're not OK," she said.

But Caroline Samponaro, at Transportation

Alternatives, said the city should instead focus on preventing crashes by stopping dangerous drivers. "A plan that forces New Yorkers to wear helmets won't prevent the crashes," she said. "To protect people from gun violence, we don't force them to wear bulletproof vests."

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► Some are concerned New York's new bike share program does not require users to wear helmets.

Safety suggestions

Bike-share users may be less likely than other riders to wear helmets: A

Georgetown University study released this month about the Washington, D.C., bike share program found that 33 percent of bike share commuters wore helmets, compared to 70 percent of commuters biking on their

private cycles.

To encourage more helmet use, Liu suggested the city create a vending machine to dispense helmets, an idea from MIT students called HelmetHub.

Stephen Arthur, 44, said a helmet very likely saved his life when someone threw a brick at his head last August while he cycled under a Brooklyn overpass.

But Arthur said he worried that mandating hel-

metts would make cycling less safe. If helmets were required, fewer cyclists might ride, he theorized. And more bikers in the city make the sport safer for everyone, he said, because that means more pedestrians and cars are used to navigating around and paying attention to cyclists.

Although he himself wears a helmet everywhere, he said, "I don't like to tell anyone what to do."

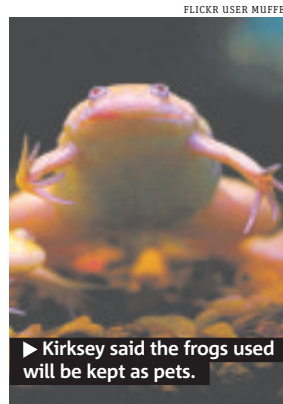
Brooklyn gallery offers pregnancy test, via frogs

GOWANUS. Pregnancy tests have come a long way through the years, but one Brooklyn gallery is offering a throwback to the 1930s by inviting women to participate in an antiquated — and amphibian — form of science.

An exhibition at Proteus Gowanus by anthropologist Eben Kirksey will include frog pregnancy tests, a once-com-

mon method that called for injecting frogs with the urine of a woman. If she were pregnant, the frog would lay between 100 to 200 eggs in as little as six hours.

The event is part of a larger exhibit that sheds light on how the practice contributed to the demise of certain frog populations by spreading a fungus. **METRO/CG**



► Kirksey said the frogs used will be kept as pets.

Charged with stealing special education funds

NEW YORK. Three special education contractors hired to provide services for pre-K children used public money for forbidden and inappropriate expenses, according to audits released yesterday by New York State Comptroller Thomas DiNapoli.

DiNapoli's office began an investigation into the performance of special educa-

\$610K The education contractors stole more than \$600,000, DiNapoli alleges.

tion contractors after abnormalities popped up in financial reports. Thus far, the investigation has led to four arrests total. **METRO/AB**



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Addiction a quiet, but growing problem

► Columbia University study finds 16 percent of US residents addicted to cigarettes, booze or drugs ► Yet alcohol and drug addicts neglected by medical system

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► An estimated 40 million Americans are addicted to alcohol, cigarettes or drugs.

A new study from Columbia University finds that many more Americans suffer from addiction than previously thought — and too few people receive treatment for it.

In the U.S., 16 percent of people ages 12 and older have some form of addiction, be it to alcohol, nicotine or drugs, found a study released today by the National Center on Addiction and Substance Abuse at Columbia University.

The five-year national study reveals 40 million Americans have substance-abuse problems.

Yet while about seven in 10 people with diseases like depression or diabetes receive

16%

16 percent of adult and teen Americans suffer from addiction.

treatment, only one in 10 people who need treatment for alcohol or drug addiction actually get help, the study found. About 90 percent of those who are addicted receive little to no treatment.

Why is the rate of treatment so low when the number of addicts is so high?

According to Susan Foster, CASA's director of policy research and analysis, doctors are often not well trained to

sufficiently diagnose or treat addiction.

"Treatment for the disease of addiction has fallen outside medical training," she said. "There is a big disconnect. Treatment needs to catch up with science."

Addiction is a disease of the brain, so defining it can be tricky because medical professionals must decide if a person is a substance abuser or substance dependent, said Foster. For example, abuse is defined as when negative consequences arise, such as problems at home, work or school, she said.



AMANDA BARKER
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Many at risk of becoming addicted

Even more Americans, 32 percent of the teen and adult population, are "risky" substance users, the study found.

An estimated 80 million people in the U.S. use tobacco, alcohol or other drugs excessively, but are not yet addicted.

They are, however, increasing their chances of



GETTY IMAGES

developing certain health problems. According to Foster, risky substance users are at the risk of involving themselves in accidents or crimes that harm both themselves and other people. ● METRO/AB

Less spent on addiction than other diseases

In 2010, only \$28 billion was spent on the 40 million Americans with the disease of addiction. In comparison, \$44 billion was spent that same year in the U.S. to treat diabetes, \$87 billion to treat cancer and \$107 billion to treat heart conditions.

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“ My dream is to be a nurse, so I signed up for nursing school and paid \$6,000. Ten months later, I found out the school wasn't licensed and the Attorney General shut it down. My dream is shattered, and I'm in debt. To owe money for nothing is so hard.

But I'm not giving up. I'm going to the City's Workforce Healthcare Career Center for help. ”

— Paula,
Brooklyn

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“Protect yourMoney”

NYPD cracks down on bus fare evaders

► Police announce 102 percent increase in arrests for fare evasion since last June ► But bus drivers say fare dodgers are still a constant and terrifying threat

Fare dodgers on the bus, beware!

The NYPD announced yesterday that it is cracking down hard on those who try to sneak onto city buses without paying up.

Arrests for fare evasion on MTA buses have increased 102 percent since this time last year, said top NYPD officials yesterday.

Police Commissioner Ray Kelly attributed the increase in arrests to strategically placed officers on city bus routes. Some of the officers are uniformed, but others are in plainclothes to look like ordinary bus riders.

"This ... has resulted in additional fare evasion arrests

and we believe deters other crimes in transit," said Kelly.

Despite the wider net cast by the NYPD to catch fare skippers, several bus drivers told Metro yesterday that evasion is still a rampant problem on the city's buses.

Metro asked Marcia Phinn, a veteran bus driver of more than 24 years, how often she sees fare dodgers. All she could do was laugh.

"Oh, God. A lot is the best way to put it," said Phinn, who drives the B35 bus, which runs from Sunset Park to Brownsville, Brooklyn.

According to Phinn, in an eight-hour shift she can see an average of 50 riders who simply tell her they don't have

the money and walk on anyway.

"At this point, I don't confront them," said Phinn, who added she knows several other drivers who have been spit on or even held at gunpoint over fights with fare evaders. "I don't want to go through that over \$2.25."

"It's definitely gotten worse over the years," she added. "Without a doubt."

The MTA declined to comment on the NYPD's statistics.

However, the New York Daily News reported last week that the MTA loses almost \$50 million per year to fare dodgers.



DANIELA BERNAL
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► Bus drivers say they see dozens of riders daily who try to get on city buses without paying up.

Hide your iPods, hide your Androids

With iPod and iPad thefts on subways and buses on the rise, a new public service campaign by the MTA is urging riders to keep a close eye on their shiny gadgets.

"Don't be a target of opportunity!" say the posters, which also feature a cartoon thief attempting to steal a smartphone.

The posters are going up now in the subway system.

"Enforcement and public awareness are both critical to combating thefts of iPhones and other electronic devices on the subway," said Police Commissioner Ray Kelly about the new "Safeguard Your Stuff" campaign.

The posters repeat their message in 12 languages other than English and warn riders to be especially alert when sitting near the subway doors.

● METRO/DB

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This Summer, Take your Family to Camp!

by Liz Harder

When my husband and I started dating, one of the things we had in common was our love of summer camp as kids. Our memories of family trips are a different story. Let's just say, despite our parents' valiant efforts, they were less than magical. And I have to admit we haven't had much better luck with our own attempts at a family vacation.

Just when my hubby and I were about to give up on family vacations altogether, we discovered the perfect solution – camp! Just 90 minutes outside Manhattan in Kent, Connecticut, lies the ultimate family oasis – Club Getaway. And the best part? The all-inclusive rates are unbelievably affordable!

Upon arrival, we take up

residence in one of the rustic wooden cabins that overlook the sparkling lake. Our comfy accommodation includes a private bathroom and shower, a spacious porch and, best of all, air conditioning!

The beauty of family camp at Club Getaway lies in two simple, wonderful words – Kids Club. Children can

spend all day with other kids, all day with you, or a little time with both. We choose to alternate between some much needed couple time and a boatload of fun-filled family activities.

Our kids are thrilled by adventures like the banana boat, the bungee trampoline, flying trapeze, aerial zip line and all the water toys on the lake as well as the more traditional activities like biking, hiking and arts & crafts.

While the kids are off doing their thing, my husband and I head out on a bike trip

through town and enjoy a wine tasting class. Later that day, he heads off to a softball game and I relax in a yoga class.

The nights are filled with fun family options -- the Family Game Show, ice cream sundae parties, themed dance parties, a hysterical show starring all the kids and of course bonfires, complete

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In this doctors opinion – the best breakthrough treatment for serious nerve and disc pain is NOT surgery, but a non-surgical, safe & painless, state-of-the-art technology now available in New York City.

New York, N.Y. Alert For Nerve Pain Suffers There may not be a cure for gas prices this summer, but if you are suffering from pain in your low back or your neck, or you're experiencing numbness and tingling in your legs or in your hands - read on.

For many chronic pain sufferers the discomfort can start slowly. You can feel a dull pain or a little bit tingly or notice some numbness. But over time the pain and discomfort can get much worse AND it can bother you more often. You may have to limit your activities because:

- | | |
|------------------|-----------------------------|
| -Sitting Hurts | - Working Hurts |
| - Standing Hurts | - Driving Hurts |
| - Walking Hurts | - And For Some Sufferers It |
| - Bending Hurts | Hurts to Lie Down Too! |

If you suffer from these symptoms it is normal to be depressed, frustrated and worried. You can stay up nights, unable to sleep, worried because your pain won't go away, anxious that it will affect your job, family or ability to enjoy life.

You've probably gone to doctors, right? So why do you still have symptoms?????

FACT #1: Many Treatments FAIL Because They're Too Simplistic!

"I've Tried Everything & Nothing Helps!"

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| You may have tried: | - Neurology |
| - Orthopedics | - Physical Therapy |
| - Anti-Inflammatories | - Chiropractic |
| - Pain Killers | - Acupuncture |
| - Injections | - Exercise |
| - Muscle Relaxers | - Yoga |

Let's face it, pills and shots and other potions may be effective at the beginning of an injury, but they are no way to live in the long term. They can cause side-effects and don't fix the root cause of your problem.

FACT #2: Dr. Nicholas Ungaro, D.C. & Dr. Failla are two of the few doctors in NYC who are TRAINED AND EXPERIENCED in successfully treating the multiple causes of nerve and disc pain and damage.

"Over the years, we've treated thousands of people for disc and nerve pain and it's upsetting to know that thousands more are suffering needlessly. Many patients don't fully understand what is causing their pain or what can be done about it other than medications and some simple exercises", says Dr. Ungaro.

The doctor's severe disc and nerve pain protocols have been well received, getting rave reviews for caring and effectiveness. The treatments are NON-DRUG, NON-SURGICAL and NO-INJECTIONS. Their gentle treatment approach can produce rapid results.

If you are in pain the doctors are available for the next 72 hours giving away their time and expertise to listen to your concerns, review your medical records, examine your pain and help you understand what's really causing your problem & what can be done to get rid of it.

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Dr Ungaro explains further, "Early on in my career, I understood that patients want doctors who care the most and who know the most, so I consistently travel around the country researching the newest advances to help people live a full life, able to pursue their chosen vocation, enjoy their families and hobbies without pain or limitation."

"We're going to offer our services to a limited number of people over at least the next three days. We need to limit the number to ensure that we are able to provide the in-depth consideration a patient deserves. Our approach is multi-factorial, we have a lot of tools in our toolbox to help people and we need to determine what will work best in each case."



Ready To Give Up? Feel Like Your Disc Or Nerve Pain Is A Hopeless Case?... They Did Too...

My name is Dale. I'm a Verizon telephone field technician. I was hurt on the job when a piece of flooring in the building collapsed. I had broken bones and hurt my back. Over the years, I've had manipulation under anaesthesia, chiropractic, physical therapy, orthopedists, dozens of epidurals on my spine, botox in the muscles of my back. Doctor's wanted to do surgery, not something I wanted to do. I saw the ad in the newspaper, I said I'll give it a shot. I was very skeptical at first. I've been coming here for about 5 weeks, doctors here are great, staff treats you like family. I'm down about 75% of my pain in the back. It's phenomenal. I'm sleeping a 100 times better. No sleeping pills, I was almost living on them. I'm thrilled. Give it a shot, the only thing you have to lose is your pain. Thank you.

Dale Eadeh, Staten Island, N.Y.

"I had terrible low back and hip pain. It affected my daily activities, just walking hurt. I hadn't had a good night sleep in a long time. I tried everything under the sun!! I tried P.T., prescription medication, acupuncture, epidural injections, etc, etc. Now, I find myself SKIPPING - I haven't moved this fast in a long time. My sleep is improving too. Rochelle Flowers, Queens, N.Y.

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News in pictures

4 WTC soars 977 feet high

4 WTC, the smallest tower at the World Trade Center site, was the first to top off yesterday, reaching a final height of 977 feet as its final steel beam was added. The tower, which was only nine stories before it was destroyed in 9/11, now rises to 72 stories. ● METRO/CB

- 1:** A hardhat who helped build the tower signs his name to the beam.
2: Signatures, including site developer Larry Silverstein's, are on the beam.
3: A view from the top of 4 WTC: Many hailed the completion of the tower as a sign of rebirth and resurgence for Lower Manhattan.
4: 4 WTC is still under construction and is scheduled to open in fall 2013.
5: The final steel beam weighed eight tons and was adorned with an American flag.



PHOTOS: WILLIAM ALATRISTE/JEREMY SPARIG/JOE WOOLHEAD

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TUESDAY, JUNE 26, 2012

09

Public pensions will likely give 'clearer picture' of finances

Public retirement systems will have to make major changes in how they disclose their pension assets and liabilities, under new rules that the board in charge of accounting standards for U.S. state and local governments was set to approve yesterday.

The Governmental Accounting Standards Board will vote on the changes at an afternoon meeting.

The reforms were proposed nearly a year ago to give more detail on how pensions affect governments' finances. They will replace the menu of accounting options pension funds currently use with a single system, and will likely make some pension shortfalls appear larger than under current reporting methods.

Over the last two years, skepticism has risen about the financial health of public pensions and a week ago Pew Center on the States estimated the total shortfall is \$757 billion and growing. Many sys-

tems do not have enough money to cover retirees' benefits and taxpayers and policymakers are seeking more complete information about the depth of the gaps.

The new standards will provide "a clearer picture of the size and nature of the financial obligations to current and former employees for past services rendered," GASB Chairman Robert H. Attmore said in a statement.

The biggest change affects how the pension funds project rates of return on their investments.

Pension funds that are considered adequately funded could continue forecasting investment returns in line with their historic averages, usually around 8 percent, under the new GASB rules. It defined those pension systems as having sufficient assets to pay the pension of current employees and retirees, but did not set a funding ratio. **REUTERS**

Congress. Clowning around



► Hey Congress, clown for hire.

WIN MCNAMEE/GETTY IMAGES

Tim Torkildson, also known as Dusty the Clown, sits on a park bench outside the U.S. Capitol yesterday in Washington, D.C. According to the latest Gallup poll, the approval rating for Congress sits at a dismal 17 percent.

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Romney: Obama failed on immigration

WASHINGTON. Mitt Romney blasted President Barack Obama yesterday after the U.S. Supreme Court upheld part of an Arizona law cracking down on illegal immigration that Romney had endorsed while seeking the Republican presidential nomination.

"Today's decision underscores the need for a president who will lead on this critical issue and work in a bipartisan fashion to pursue a national immigration strategy," Romney said in a statement that did not directly address the particulars of the law or the ruling.

He called the immigration issue a "broken promise" by the Democratic president, whom he faces in the Nov. 6 election.

REUTERS



► Arizona Gov. Jan Brewer speaks to the media after arguments at the U.S. Supreme Court yesterday in Washington, D.C.

Arizona governor hails High Court immigration ruling

► Court upholds controversial provision requiring officers to check immigration status of people they stop

Republican Gov. Jan Brewer hailed yesterday's U.S. Supreme Court decision upholding a key part of Arizona's immigration crackdown as "a victory for the rule of law," while activists opposed to the statute said thousands of families will live in fear in the southwestern state that borders Mexico.

The ruling by the Supreme Court upheld the law's most controversial aspect, requiring police officers to check the immigration status of people they stop. The court also ruled that three other provisions went too far.

These three provisions re-

quired immigrants to carry immigration papers at all times, banned illegal immigrants from soliciting work in public places, and allowed police arrest of immigrants without warrants if officers believed they committed crimes that would make them deportable.

"Today's decision by the U.S. Supreme Court is a victory for the rule of law," Brewer said in a statement. "It is also a victory for the 10th Amendment and

all Americans who believe in the inherent right and responsibility of states to defend their citizens."

The 10th Amendment of the U.S. Constitution states that powers not specifically delegated to the federal government nor prohibited to the states are given to the states or the people.

Brewer, who has clashed with Democratic President Barack Obama over the issue of illegal immigration, signed the law in April 2010, although key provisions were struck down by a federal judge before it came into effect in July of that year. REUTERS

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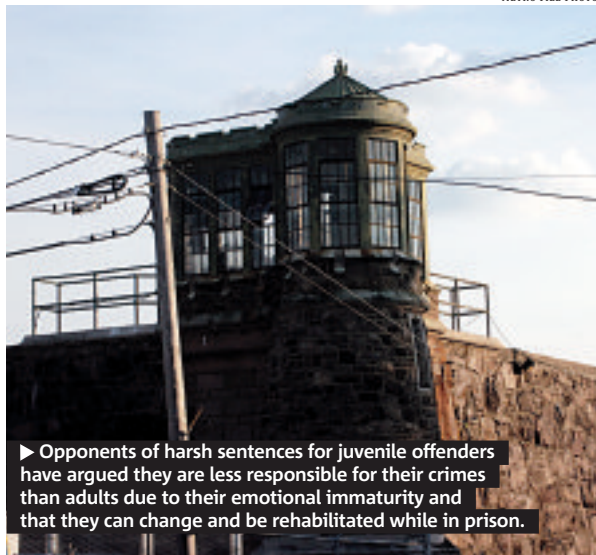
The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

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Mandatory life terms for juvenile murderers ruled unconstitutional

METRO FILE PHOTO



► Opponents of harsh sentences for juvenile offenders have argued they are less responsible for their crimes than adults due to their emotional immaturity and that they can change and be rehabilitated while in prison.

The U.S. Supreme Court yesterday ruled unconstitutional mandatory sentences of life in prison without the possibility of parole for people under age 18 when they committed murder in a ruling that could affect nearly 2,500 young prisoners.

By a 5-4 vote, the high court ruled the U.S. Constitution forbids such a mandatory sentencing scheme for juvenile murderers. Conservative Justice Anthony Kennedy joined the liberals while the more conservative members dissented.

The ruling was a major victory for convicted juvenile murderers from Alabama and Arkansas who argued that life imprisonment without the possibility of parole violated the constitutional ban on cru-

5-4

By a 5-4 vote, the high court ruled the U.S. Constitution forbids such a mandatory sentencing scheme for juvenile murderers.

el and unusual punishment.

The ruling could affect nearly 2,500 prisoners serving sentences of life in prison without parole for murder committed under the age of 18. The United States has more than 2.2 million inmates in prisons or jails.

The decision does not mean the prisoners must be released, only that they get the chance for parole. **REUTERS**

News in brief



Sandusky got a fair trial says law chief

HARRISBURG, PA. Former Penn State assistant football coach Jerry Sandusky received a fair trial and his lawyers' complaints of inadequate preparation time and an inaccurate version of a television interview shown to jurors should not be grounds for an appeal, Pennsylvania's attorney general said yesterday.

Those points are likely to be among the appellate issues raised by lawyers for Sandusky, who was found

guilty Friday on 45 child sex abuse charges.

Pennsylvania Attorney General Linda Kelly said the former coach received a fair trial, and the commonwealth expects to prevail on any appeal. **REUTERS**

Supreme Court refuses to review Madoff victims loss

WASHINGTON. The U.S. Supreme Court declined to review how the trustee for Bernard Madoff's customers calculates victims' losses, a decision that could help speed a payout of billions of dollars.

Without comment, the court yesterday let stand an August 2011 decision by a federal appeals court in New York that approved of the calculation method employed by Irving Picard, the trustee liquidating the imprisoned Ponzi schemer's firm. **REUTERS**



Zimmerman lawyers ask for bail again

Lawyers for George Zimmerman have asked for his release from jail for a second time on bond, despite lies told about his finances at a court hearing in April.

The request on behalf of Zimmerman came in a motion filed with the Seminole County Circuit Court in central Florida yesterday, where a bond hearing for Zimmerman will be held on Friday.

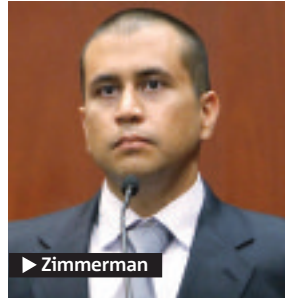
"Mr. Zimmerman is still entitled to a reasonable bond notwithstanding the court's finding that Mr. Zimmerman failed to disclose the existence of the donated money at his last bond hearing," said the motion signed by Zimmerman's lead attorney.

He was referring to the fact that Zimmerman sat silently in court, during his original bond hearing on April 20, as his wife

lied under oath about the couple's finances and claimed they had no real assets and were essentially broke.

Prosecutors later said Shelle Zimmerman was lying because the couple had raised at least \$135,000 from a website created by Zimmerman to collect funds from anonymous donors for his legal defense.

REUTERS



► Zimmerman

New home sales race to two-year high

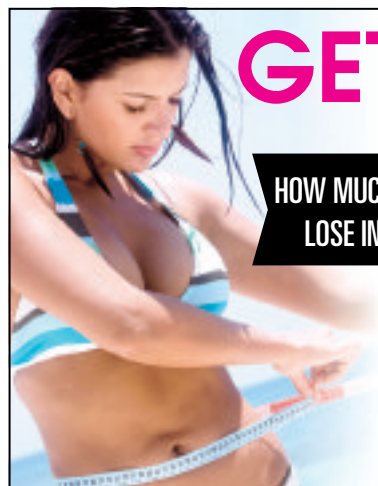
WASHINGTON. New U.S. single-family home sales surged in May to a two-year high and prices rose from a year ago, further signs the housing market recovery was gaining some momentum.

The Commerce Department said yesterday sales jumped 7.6 percent last month to a seasonally

adjusted 369,000-unit annual rate, the highest since April 2010.

That was well above economists' expectations for a 346,000 pace and the highest since April 2010, when sales were inflated by a homebuyer tax credit.

The report was the latest evidence of a broadening recovery in the housing market even as the economy is weakening. The sector had long been the Achilles' heel of the economy's recovery. **REUTERS**



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Patterns found in Web usage of depressed students



► What websites you search for could determine if you're depressed, according to a new study.

Switching quickly from Spotify to e-mail to Facebook can be a telltale sign of depression. A recent study extensively correlates specific Web habits, such as jumping between different applications, with depression.

The study by Missouri University of Science and Technology associates observed how 216 university undergraduates surfed the Web for a month. About 30 percent of the students had depression, accord-

ing to the Center for Epidemiological Studies Depression Scale, an official screening test for the mental condition. (These numbers match the national average. Depression affects about 10 percent to 40 percent of the national population of college students at one time.)

This may be the first study relating depression and Internet use, according to the researchers who looked at a huge

30%

Students tested in a Missouri University of Science and Technology study who have depression, according to the Center for Epidemiological Studies Depression Scale, an official screening test for the mental condition.

range of online activity including downloads, duration, sharing and flow.

Depression correlates with "common symptoms of Internet addiction" such as excessive video and gaming activity. The study shows depressed students are also connected to the Internet more frequently than their healthy peers. Depressed students also visit more health-related websites, chat rooms, social networks and gambling

centers more often.

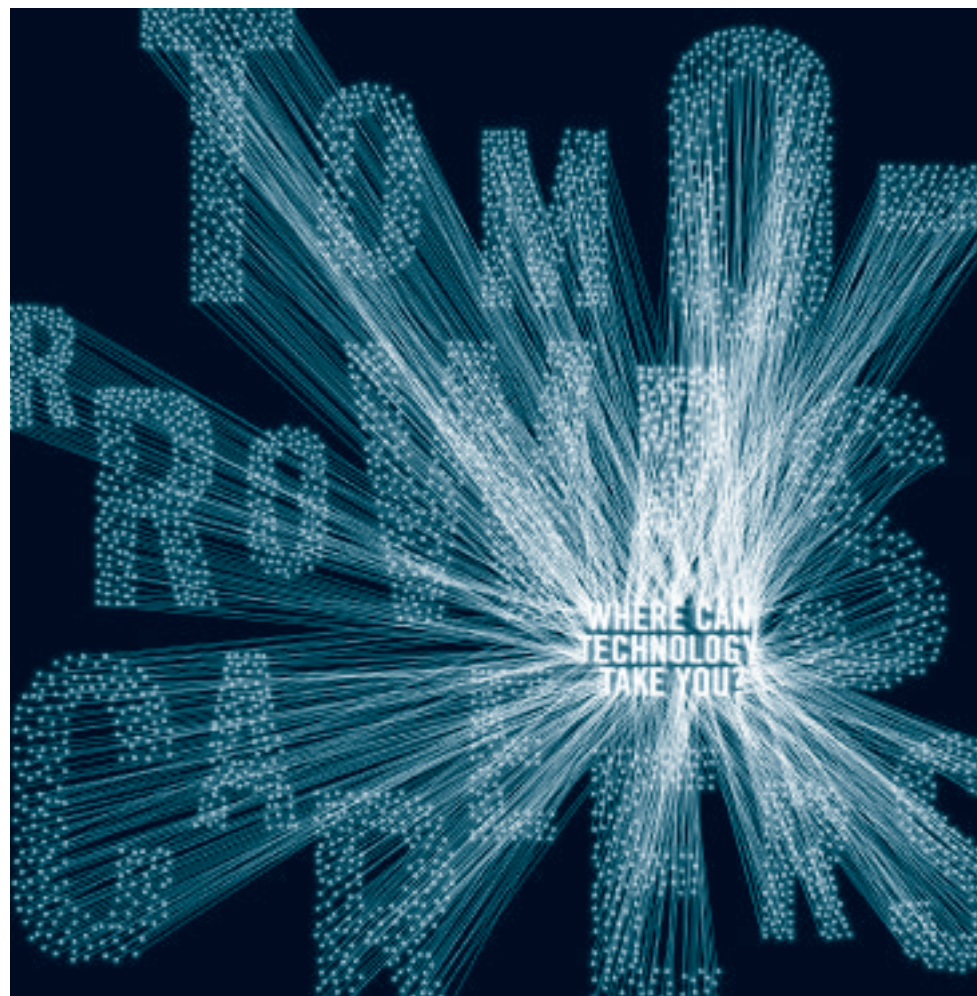
The data showed online peer-to-peer usage also increased with depression. These students share more music, movies and photos online. They also seek support in chat rooms "to overcome their feelings of isolation." Other Web symptoms include excessively checking e-mail and late-night usage.

"Subsequent analysis identified a number of fine-grained

Internet usage features that associate with depressive symptoms," Sriram Chellappan, one of the study's authors said. "Such features may yield insights toward developing software for personalized, early, in-home and cost-effective mental health care."

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Ivy League, Big Ten to combine resources on head-injury study

▶ As concussions become a concern, universities are teaming up to address injuries in athletic programs

The Ivy League and Big Ten conference are teaming up to study head injuries in sports. The two conferences, along with the Big Ten Committee on Institutional Cooperation, are sponsoring a joint study aimed at improving head-injury assessment and prevention.

The program will use resources from the 20 combined schools and data from their 18,000-plus athletes.

"We look forward to working with the Big Ten to continue to study the effects of concussions and head injuries in sport," Shirley Tilghman, Ivy League Council of Presidents chairwoman and Princeton

University president, said in a release. "By pooling our expertise and resources, our institutions aim to significantly expand upon the research needed to improve long-term concussion-prevention measures."

Discussion about the education, prevention and treatment of head injuries has become a popular topic in sports of all levels, particularly in football. The National Football League is facing lawsuits from more than 2,000 former players seeking damages for head injuries sustained on the field, and the Pop Warner youth football organization is limiting contact in practices to reduce the risk of

concussions.

The Ivy League and the Big Ten said they were already independently working to research and address various aspects of head injuries in athletics, including concussions.

"The opportunity for collaborating on such a landmark series of studies with the Ivy League is unprecedented in sports medicine," Dennis Molfese, Big Ten and CIC research collaboration director and the University of Nebraska director of the Center for Brain, Biology and Behavior, said in the release. "This is a unique moment in the history of science." **BLOOMBERG**



▶ Preventing concussions is one of football's biggest challenges.

Big name backing

The father of New England Patriots quarterback Tom Brady, a two-time NFL Most Valuable Player and three-time Super Bowl winner, is among the parents to express concern about children playing football as more links to long-term effects of

head injuries are discovered.

▶ Tom Brady Sr., who didn't let his son play the sport until high school, told Yahoo Sports last month that if he had to make the same decision today, he'd be "very hesitant" about playing football at all. Brady played at the University of Michigan, a Big Ten school.

News in brief

Texas tops college football in profits

The football team of the University of Texas at Austin generated the biggest operating profit with \$70.1 million in fiscal 2010, based on data compiled by Bloomberg. That was almost 75 percent of operating revenue, and the total was a third more than the University of Georgia, which ranked No. 2. UT-Austin's football profit was four times the average for the 53 state schools in the Atlantic Coast, Big East, Big Ten, Big 12, Pac-12 and Southeast conferences. Football is the most profitable college sport, according to the National Collegiate Athletic Association.

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THE WORD



Metro's **Monica Weymouth** shares her take on the world of gossip [@monicaatmetro](#) [monica.weymouth@metro.us](#)

Anthony Bourdain: Off with their heads

Somewhere between continent-hopping and mysterious cauldrons of soup, chef and "No Reservations" host **Anthony Bourdain** found the time to pen a graphic novel. Part kitchen revenge fantasy, part kung-fu foodie fun, "Get Jiro!" includes a scene in which a man is decapitated for ordering a blasphemous California roll.

"There are people who work 60 years trying to get the same 20 to 25 pieces of classic sushi perfect, but they know they will never reach that point. That kind of drive for perfection deserves respect," Bour-

dain told us when we caught up with him this week in New York City. "So when you see somebody go into a regular sushi bar and treat it like it's crap or just another meal, well, I fantasized about seeing somebody lose their head!"

We wonder what the recommended punishment would be for a sriracha sprinkle. Not that we'd ever do that. We're just wondering — for our friends, whose heads aren't ours.

— With reporting by Raishad Hardnett



ALL PHOTOS: GETTY IMAGES

► Bourdain has some issues to work out in "Get Jiro!"

Courtney Love is being Courtney Love

One of **Courtney Love's** less destructive habits is throwing around lawsuits — in 2009, the rocker put her legal team on 14 cases in 10 months. But apparently, she forgot to pay for their many services: The rocker is being sued by her former lawyers for almost half a million in legal bills, reports TMZ.

Although she sent flowers and thank-you gifts, the suit alleges that the rare checks bounced, and that Love used her funds to pay for a gaggle of personal assistants.

There's something refreshingly Courtney Love about getting sued by your lawyer — like a cool June breeze, or burying the gardener. Never change, Court.



Classy? Whatever, we'll count it

While Playboy is nothing new for **Jenny McCarthy**, she is especially pleased with her photos in the upcoming July



issue.

"I'm really proud of it," the actress tells People.com of the shoot, her seventh for the magazine. "They're really elegant. It's probably a lot more sophisticated than a lot of the stuff you'd see of people with their clothes on."

On the one hand, she's completely naked on the cover, wearing only fingerless mesh gloves. On the other, there is a **Wes Anderson** coverline creeping over her thigh-high leather boots. So, sure: Sophisticated it is.

Talking points

R.I.P., Lonesome George

Lonesome George, the last known Pinta Island tortoise, has passed away after 100 years, reports BBC News. He was found dead early Monday morning at the Galapagos National Park in Ecuador by his keeper of 40 years. A true celebrity if there

ever was one, George was known as the rarest creature in the world and became a mascot of sorts for the Galapagos Islands. He is survived by no offspring, relatives or members of the same subspecies, but will be missed by a number of Espanola Island female tortoises who kept him company in recent years.

Young Hollywood parties it up

Robert Pattinson and **Kristen Stewart** turned heads at the star-

studded wedding of Hollywood producer **Kevin Turen** and **Evelina Oboza** in New Jersey over the weekend, according to Us Weekly, partying with guests until 7 a.m. and engaging in some fairly public displays of affection. "Rob and Kristen were all over each other," a source says. Pattinson also got a chance to let loose with **Andrew Garfield** and **Zac Efron** during the reception: "Rob sang, Andrew played the bongos, Zac played the guitar. It was a whole spectacle," says the source.



► Williams

Happy times for Michelle Williams

Things seem to be going well on the romance front for **Michelle Williams** and **Jason Segel**. Williams "hasn't been this happy in forever," a source tells People magazine of the couple, who made a brief appearance at the after-party for the premiere of her new film, "Take This Waltz," in New York late last week. Segel, for his part, is just as happy. "Jason is totally smitten," the source says.

2



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Joan Rivers will be first in line to see "The Amazing Spider-Man," Dave Chappelle is feeling the pressure, Diane Keaton needs some help and Albert Brooks is keeping an eye out.

@Joan_Rivers

Who is Hollywood's hottest couple? Emma Stone and Andrew Garfield! They're like Brangelina, but without the child labor.

@DaveChappelle

I can't think of anything provocative to tweet, and yet, I must continue... Must...keep....tweeting.

@Diane_Keaton

Researching for my next book concept. What is your idea of beauty? Talk to me.

@AlbertBrooks

I might be crazy but I'm positive I saw Mubarak at the mall today.



Chappelle



The dogs days aren't over

1 Florence Welch of Florence and the Machine was rocking out Sunday in London.

2 Saucy minx alert: Florence Henderson — aka Mrs. Brady — was down in Sydney, Australia, yesterday to promote tomato sauce and/or killing it in your 70s.

3 Does Mariah Carey have a patent on this pose yet? The singer was wiggling around London yesterday.

4 Uggie, breakout star of "The Artist," was immortalized with a paw print at Grauman's Chinese Theatre in Hollywood yesterday.

5 Flea of the Red Hot Chili Peppers was earning his paycheck Sunday night in the U.K.

1: DAVE HOGAN/GETTY IMAGES
2: DAVID LIVINGSTON/GETTY IMAGES
3: KEVIN MAZUR/WIREIMAGE
4: DON ARNOLD/WIREIMAGE
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GRIT AND GRITS

► Marcus Samuelsson's new memoir, 'Yes, Chef' shows us the many faces of soul food ► How he's relearning the cuisine of his roots

How do you define Marcus Samuelsson's cuisine? The term "fusion" feels dated and limiting. Rather, it's a cuisine that's greater than the sum of its influences — Swedish, Ethiopian and African-American, all of which he comes by honestly. Samuelsson, who was born into extreme poverty in rural Ethiopia, was adopted at two by Swedish parents and spent years laboring in European kitchens, where he frequently endured racism. His hard work came to fruition in Harlem, where Samuelsson opened upscale soul-food joint Red Rooster in 2010.

Now, at 42, he's written a chef's memoir (a new-ish genre exemplified by Gabrielle Hamilton's "Blood, Bones & Butter" and, more recently, April Bloomfield's "A Girl and Her Pig") that reads more like a traditional autobiography, albeit one from a very young author. "When I was coming up cooking," he tells us, "I would have liked to have had a book like this, and not just for cooking. It's the journey of my life, and I want to tell that story."

Your training in Europe sounded brutal. Has it affected how you run your own kitchen?

Yes it was hard, but there was also a lot of love. ... Yes, people yelled at me a lot. I also learned a lot, because I loved my craft. Yes it was tough, but I didn't care if somebody yelled at me, as long as I learned. ... Process is the most important thing. Especially today, when chef students can travel either them-



► Samuelsson will discuss "Yes, Chef" tonight at a free event at 7 p.m. at the Barnes & Noble in Union Square, and tomorrow at 7 p.m. at PowerHouse Arena in Brooklyn. To purchase tickets, visit www.powerhousearena.com.

KWAKU ALSTON

selves, travel through YouTube, travel through online spaces, and see so many things, right? That challenges us as chefs — the whole idea of process. And nothing beats process: the ability to fall in love with something you did many, many times over.

You write that you had to disguise exotic ingredients when you became the executive chef at Aquavit. Are diners more adventurous now?

Yes, and the high-end guest is also more diverse. When I started cooking, there was one guest: a 55-year-old male businessman. Today, customers are much more diverse — it can be a 22-year-old woman that comes from Singapore, and for her, usually there's nothing new. So, because customers are more diverse, what our cus-

tomers are asking us for is evolving. If you look at a classic fish restaurant today, it's not so much European- or American-focused as it was 20 years ago. It's lighter; it's brighter. And it's better food that way.

Are 55-year-old-businessmen now seeking out exotic flavors?

Absolutely. ... I think the diner is more fun because there's much more reflection of real life. There are women, there are people of color, of all reli-

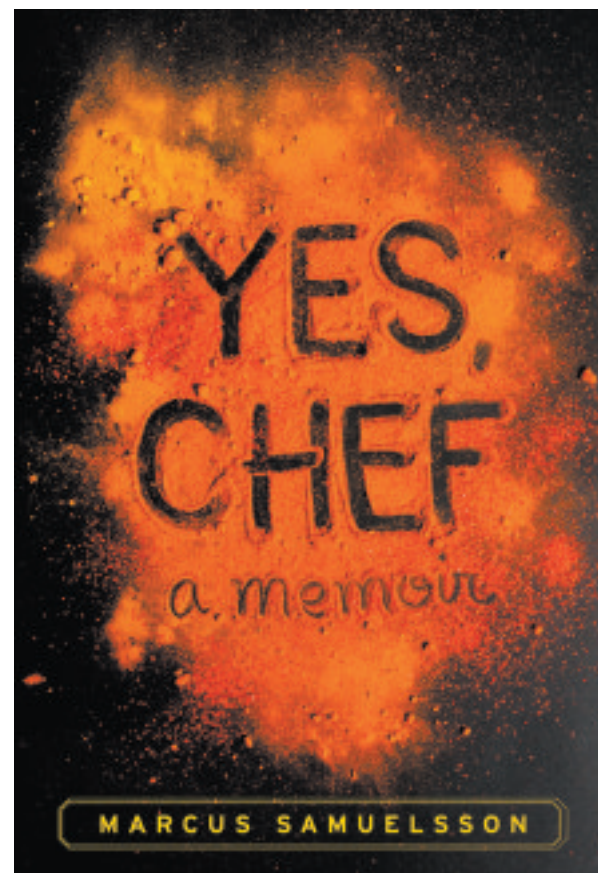
gions — [fine dining] is a diverse environment. The world is more diverse, and that's a good thing.

What flavors inspire you now?

The core of me as a chef is that I'm very curious, and I think that's the most important thing — to keep being curious.

Coming to Harlem, coming to Red Rooster, I had to learn about a cuisine that I didn't grow up with — African-American cooking. I had to learn that. ... My Swedish side is something I grew up with, but my African and Harlem cuisine that I've been creating here at Rooster — Harlem cuisine — is something I'm still new to. And I love that journey, because I'm going to become really good at that one day, because I work at it every single day. Harlem cuisine will also continue to evolve — the East side of us is Latin and Mexican, there's a Caribbean side, a Dominican side, Italian and Jewish sides, as well as African-Americans. I'm excited about American food. I'm excited locally when I'm here at Harlem, and I feel like I'm chasing those flavors right now.

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TV watch list

'U.S. Olympic Team Trials: Swimming Finals'

SPORTS. Get a glimpse of the Americans you'll be rooting for in London. And maybe make a drinking game out of it: For every time the announcers mention how Michael Phelps recently shaved his mustache, you take a swig of beer, and for every time they mention his marijuana use, do a shot. After doing either, you should definitely chant, "U.S.A.! U.S.A.!" **8 p.m., NBC**

'Fact or Faked: Paranormal Files'

REALITY. With two back-to-back episodes ending their second season of eerie interrogations, the gang explores a surveillance specter, a morgue mystery, Stonehenge secrets and an Iceland worm monster! We can only hope for the good of the world that the Iceland worm monster is faked. **8 p.m. and 9 p.m., SyFy**

PAT HEALY

3 Things we learned from talking to Jane Fonda

► The always-outspoken 74-year-old takes on an idealistic hippie in her new film, 'Peace, Love and Misunderstanding' ► But Fonda insists that being a hippie was a foreign experience for her ► And that wasn't all she let us in on

1 She doesn't remember the 1960s as you'd think: "I lived in France during the 1960s, so my view of the 60s is a more global view. It was a time of tremendous transition for America, but for the world as well. And it wasn't just because of the Vietnam War or the Pill. I'm not a sociologist, so I don't know why it was that almost everywhere in the world there was tumult, but it was. The 60s was about discord and generational splits. When I became an activist in 1970, I missed the 60s. I never was a hippie or anything. I recognize the importance of that decade, having had one leg in the 50s — which I think has been much more idealized as a time



of, you know, families were together and everything was well and there were only good wars. To me, the 50s continue to be more glorified than the 60s."

2 She can't stress enough the importance of the Internet: "The technological stuff has changed everything. We can see it overseas even more, with the Arab Spring and so forth. I never used a computer until I was 58. I was married to Ted Turner, and he threw it across the room. He still doesn't use one. I started blogging at 71. Since it was all new to me, suddenly my life became very immediate. I was worried about blogging because I study Zen Buddhism and I meditate, and I

"I am my dad's daughter, and I look like him in many ways, and I'm sure there's things that other people see that I don't. In some ways, I learned more from Katherine Hepburn than my dad."

JANE FONDA, ON HER FATHER, ACTOR PETER FONDA

believe in being in the moment, and [I thought it would] keep me from being in the moment. But what I discovered was that it helped me be in the moment."

3 Kids today don't protest the way they used to: "One of the things that's really interesting is there's no leader [in the Occupy movement]. During the Vietnam War, there were all these organizations and they all had leaders; I married one. Now there isn't, and people get really disturbed by that, but it's really what's so beautiful about it. It's not ideological. ... But it's making a difference. Just like that demonstration in Seattle when the WTO met up there. That was in some ways more significant than anything that happened in the 60s."

NED EHRBAR

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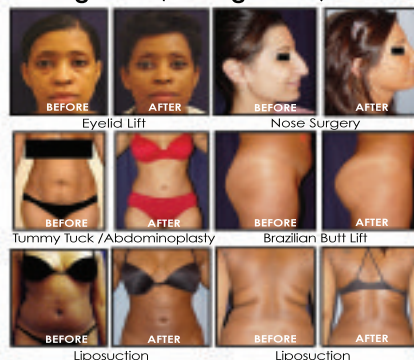
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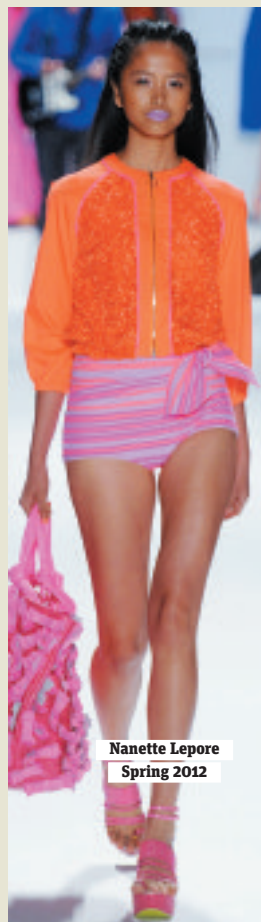
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On the bright side

Neon is everywhere right now. Have a little fun with color this summer.



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Nanette Lepore
Spring 2012

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Better-tasting veggies

Green vegetables can be a tough sell to many children. If you have a picky eater, help mask flavors with these tips.

- Sweeten the deal**
Try adding a touch of sugar to vegetable cooking water. Studies have found that kids like veggies more when they're prepared with a sweetener. Start with half a teaspoon of sugar per cup of vegetables, and reduce that amount a bit each time.
- Take a dip**
Serving vegetables with a ranch-dressing dip helped bitter-sensitive children increase veggie consumption by 80 percent, found one study. Encourage your kid to give them a dunk in low-fat salad dressing, hummus or applesauce.



Dip may tempt kids to eat the good stuff.

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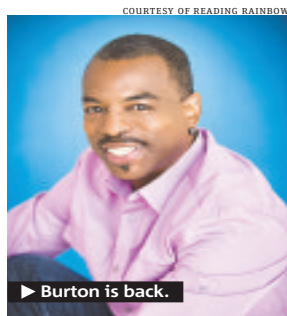

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LeVar Burton talks ‘Reading Rainbow’

Even though “Reading Rainbow” is no longer on the airwaves, the children’s program has not run its course. Released only Wednesday, the “Reading Rainbow” iPad app became the No. 1 educational app in less than two days. LeVar Burton, the app’s host (and the co-founder and curator-in-chief for RRRKidz, Inc., the company behind it) catches us up with the series’ quick turnaround for the newest generation.

How soon after “Reading Rainbow” stopped airing did you know you needed to adapt it to a new medium?

Fairly immediately. All the press that it got, and that sort of public outcry, was surprising. It really got our attention. We thought, it’s not over for this brand. It’s ripe for a rein-



► Burton is back.

vention of itself, and we started focusing on it immediately.

Why is now the right time to bring the show back?

I think it’s just that weird confluence of a lot of factors. When we began this journey, the iPad hadn’t even come out yet. And when it did, it really helped inform what we were in

the process of figuring out. Another one of the factors is that there is a whole generation of adults now who grew up on this show, and they really want something that they can share with their kids that they feel good about — that in a world of increasing proliferation of devices and technology, there is at least one thing they can rely on that is good for their kids. Back in the day, your parents didn’t need to know what program you were watching if the channel was tuned to PBS, right? And that is what I believe we represent to folks, and our kids as a new enrichment plan for children and their families.

How can parents get their children to enjoy reading?

Find out what your kid loves and get your kid reading material on that subject. It’s pretty darn simple.

Talkin’ tech

How is technology changing the reading experience for kids today?

I think the reading experience itself, the idea of sitting down, whether it’s in a book or on an electronic device, and engaging yourself in a narrative, that will never change. Storytelling will never go out of style. Neither will the human desire to travel in our imaginations through good books. It doesn’t matter whether it’s on a device or in a booklet. I believe we will reach, probably in the not-too-distant future, a decision that it doesn’t make much sense anymore to tear down trees to make books. Books will become more rare, they will become more precious to us. But I don’t think we’ll ever see a world where there are no printed books. I do believe we will come to consume most of the literature we read on an electronic device.

JOANIE FERGUSON
letters@metro.us

Parenting notes

An easy way to do some good

Yogurt folks Stonyfield have launched the Stonyfield Food Superheroes campaign in an effort to raise funds for FoodCorps, a nonprofit that sends volunteers to underserved schools to teach kids about healthy eating. All you have to do is create a Stonyfield Food Superhero alias at www.iwillknowmyfood.com. For every profile made, Stonyfield will

donate \$1 to FoodCorps. Spread the word — the goal is to raise \$50,000.

Tell your pregnancy story

Moms, how did you find out you were pregnant? If you used an e.p.t. pregnancy test, the company wants to hear from you. You can win a \$50 gift card or even a trip to Jamaica just by sharing your e.p.t. moment at www.facebook.com/myept. Tori Spelling is the face of the campaign; during her latest pregnancy, she gave her hubby the positive e.p.t. test for Valentine’s Day.

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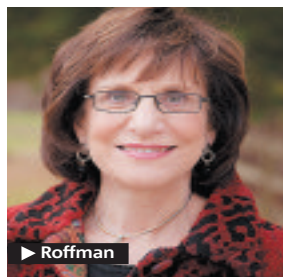
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TUESDAY, JUNE 26, 2012

mywellbeing



► Roffman

In an age when it's nearly impossible to control when our children are exposed to sex. The best we can do, writes author and sexuality educator Deborah Roffman, is get to them first.

"The role of adults is to put information in context for children," says Roffman, whose new book, "Talk to Me First," is

Talking 'the talk'

► In her new book, Deborah Roffman underlines the importance of talking to children about sex early and often ► Parents and caregivers must establish roles as the go-to source for information

a guide to "the talk" in the 21st century. "If we really understand what children are asking when they're 4, 5 and 6 years old, and we interpret the question correctly, then we give the message that we're the go-to person about this topic. But if parents try to change the subject or give a vague, offhanded answer, children learn that they have to go someplace else for this information." She spoke to us from her home in Maryland.

"Talk to Me First" includes an appendix with basic information for adults. Did you find that adults' knowledge was lacking?

Here's an example: Adults are likely to say "Little boys have a penis, little girls have a vagina" — and the vagina's on the inside. So that's like saying "little boys have a nose, little girls have a throat." We don't teach correct terminology. The external part of the female anatomy is called the vulva. So if you're not learning the difference between the inside of your body and the outside of your body, your learning is really compromised.

Also, if they don't give accurate, standard terms for those parts, they're communicating



"I can't think of any other subject where we sabotage children's learning to this extent."

ROFFMAN

another message, which is: We use direct words for everything else, but we're going to use code — for that's what those funny terms are — so that we're training children not to be direct, not to be able to communicate directly.

Are sex ed classes adequate?
My estimate is that the vast ma-

jority of schools are anywhere from three to five years late teaching basic, foundational information. ... I spend probably half of my time helping kids unlearn things before I can help them learn things. I mean, I can't think of any other subject where we sabotage children's learning to this extent. Another belief that we have is "knowing will lead to doing," which is totally the opposite of the research in this field.

So talking to children about sex at an early age doesn't actually encourage sexual activity?

I'm an educator; I believe in knowledge. You may have heard that you have to be careful, that you have to put off the information, have to make sure that they're old enough and that you say it just the right way — no! We don't think about talking about or teaching any other subject that way. We worship knowledge for our children. I refer to this as a huge double standard that we have about sexual knowledge. And that comes out of our own fear and anxiety — nothing really is going to change until we give that up as a culture.

REBECCA FINKEL
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Downtown Podiatry

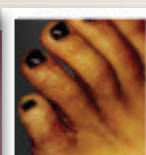
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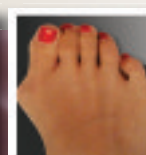
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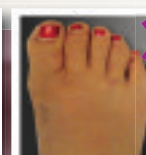
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RE: "LET'S TAKE CARE OF OUR OWN FIRST, THEN HELP OTHERS": The analogy comparing Obama to a parent who feeds strangers before his kids is completely wrong. If you want to look at the president as a parent and U.S. citizens as children, then illegal immigrants are his step-children. I understand taking care of your own children first, but a good parent will be fair and take care of all the children living under his roof, just like a good president takes care of all the people living in his country. As a citizen or a biological child, you will get more rights or love from your parent — but let's not be cruel to our fellow countrymen, they have to live, too.

President Obama was right for what he did. Congress had

time to act, and it didn't. Children of immigrants were not granted amnesty, just working papers and a chance to live here legally.

DEXTER RODRIGUEZ, VIA E-MAIL

Tweaks still needed on health care

I don't understand why Obama did not make health care like Medicare Part D. You are not forced by law to buy insurance; however, when you do, since one way or the other you will need medication, you pay a lifetime penalty — that may increase — that is added to your monthly premium. Et voila, that way the Commerce Clause is not being violated, Big Pharma makes load of money since there is no price control, the government deficit increases and, after all this, the public

is being told to vote Republican to decrease taxes on the same Big Pharma — and that will create jobs, thereby reducing, with tax revenues, the ever-increasing deficit. Maybe the constitutional scholars on this page can elaborate: Is this treason or what, and where do our rights come from?

SUZY SANDOR, MANHATTAN

Economy requires more attention

President Obama is dragging his feet in getting the economy back to normal. He seems satisfied with a low-performing economy and is allowing it to stagnate as the United States economy did during the great depression.

What needs to be done is simple to accomplish. First,

we need to reduce the workforce. This means to reduce immigration into the United States. Secondly, we need to reduce the number of working individuals in the workforce. By this I mean reduce the number of individuals in a household that are working. If this means that the women return to their former duties or if the provider is decided by the best-educated of the unit, so be it.

Third, the government needs to push the private sector to hire, even if there is no need at present. If done by the entire sector, then demand will increase, because money will be available.

People with disposable incomes do generate a strong economy. The private sector has a history of requiring government to give special treatment to them and then enriching their own bank accounts at the expense of the lower working classes and the economy.

HENRY T. GAUDSMITH, NEW YORK

Horoscope

II Gemini May 21-June 20. Chances are, feelings of superiority will cause you to lower your guard at the wrong time, and could induce you to underestimate the opposition. It's likely to be your downfall.

☿ Cancer June 21-July 22. There are indications that sometime early in the day you could have a disagreement with a friend over something utterly insignificant. Once the dust settles, resolve the matter promptly.

♌ Leo July 23-Aug. 22. It might be unwise to mix business with pleasure. Those with whom you're doing business might not be able to distinguish between the two, and could end up not taking you seriously.

♍ Virgo Aug. 23-Sept. 22. Trust your decisions when it comes to a partnership situation. Chances are they will be superior to those of your cohort, especially when it comes to commercial or financial matters.

♎ Libra Sept. 23-Oct. 23. A failure on your part to honor a commitment could create ill feelings between you and a co-worker. Try to make up for it in the near future.

♏ Scorpio Oct. 24-Nov. 22. Lady Luck is likely to intervene on your behalf, but she might not be operating on your timetable. Try to pay closer attention to what she is doing and

don't get too far in front of her.

♐ Sagittarius Nov. 23-Dec. 21. The longer you haggle over a matter, the less likely you are to make a good deal. Be fair going in.

♑ Capricorn Dec. 22-Jan. 19. Don't despair if an objective that you're striving for is not achieved on your first try. You might have to regroup several times to figure out how to get what you want.

♒ Aquarius Jan. 20-Feb. 19. Be careful of what you guarantee on an impulse, because it will be taken seriously. If you really didn't mean to give that much, you'll regret it later when you have to pay up.

♓ Pisces Feb. 20-March 20. Because of your pleasant and considerate manner, friends will enjoy your company. However, your family might not get to see the same sterling facets of your personality.

♈ Aries March 21-April 19. You'll be much more fortunate allowing matters to run their own course. If you interfere with people or events, you could derail something good that's in the process of happening.

♉ Taurus April 20-May 20. Associate with those who are fully prepared to pay their own share while avoiding individuals who always seem to misplace their wallets when it comes time to pay the bill.

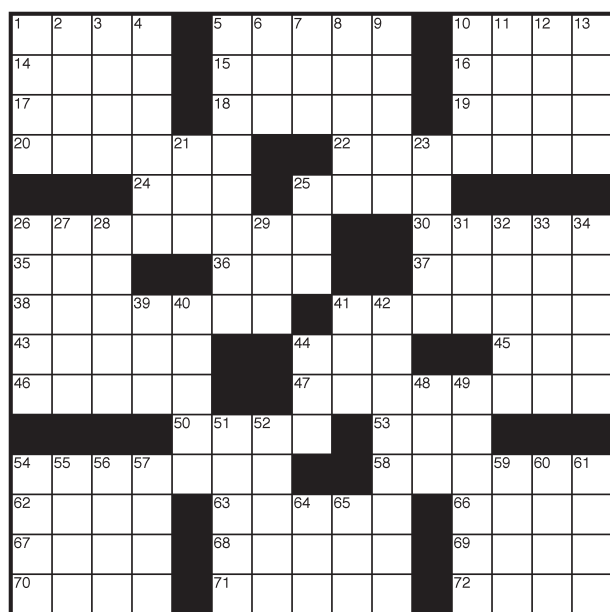
BERNICE BEDE OSOL

Across

1 Cocoon dweller
5 Brother's daughter
10 Lavish party
14 Footnote abbr. (2 wds.)
15 Mad Dog — (Bogart role)
16 Not if — — help it!
17 Devers of track
18 Tatum or Ryan
19 Move like a bat
20 Tempura morsel
22 Far-out planet
24 Always, to Poe
25 Horrible boss
26 Wayne's world? (2 wds.)
30 Library tome
35 Bravo, in Baja
36 Pistachio
37 Cook, as a goose
38 Godzilla or Rodan
41 Hieroglyphics stone
43 Mr. Kostelanetz
44 Dune buggy kin
45 Joule fraction
46 Twangy, as a voice
47 Kids' game
50 Young fellas
53 Aloha token
54 Stylish beard
58 Glittering toppers
62 Disfigure
63 Boadicea's people
66 Weather grp.
67 Ocean predator
68 Prey grabber
69 Fishing float
70 Roly-—
71 Still in the game
72 Just scrapes by

Down

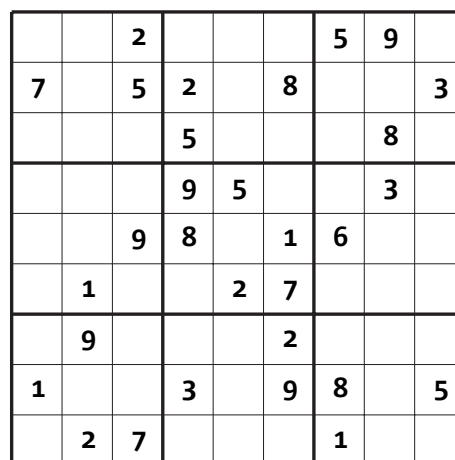
1 Fastens down a tent



2 Jazz's home
3 Au — (nanny)
4 In the pact
5 Synthetic rubber
6 Author — Fleming
7 Prior to
8 Trolley sound
9 Conger catcher
10 Birthday buy
11 Rights org.
12 Reposed
13 — up (pay)
15 Pet plea
23 Fall fruits

25 Hall-of-Famer Mel —
26 Amazon, e.g.
27 Ms. Massey
28 Advances
29 Big —, Calif.
31 Familiar digit
32 Down the road
33 Texas athlete
34 Grid coach Amos Alonzo —
39 Tijuana "Mrs."
40 Londoner's tube
41 AAA suggestion
42 Chocolate drink

44 Pacino and Unser
48 Canadian prov.
49 Future groom
51 Watchdog breed
52 Window sticker
54 Brandy bottle letters
55 A phobia lead-in
56 Salt's formula
57 Farm wagon
59 Swindle
60 Berne's river
61 Fifth Avenue name
64 Cotton gin name
65 30-day mo.

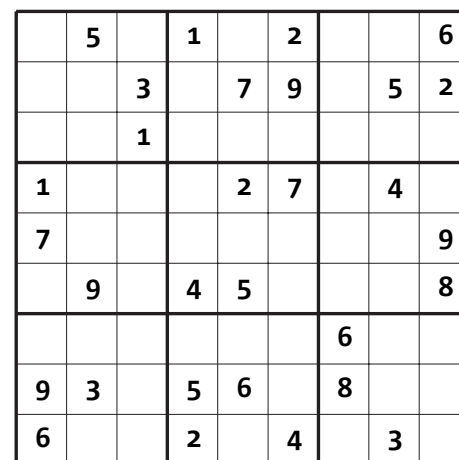


SUDOKU LEVEL: EASY

Solution to Monday's crossword



How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.



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destinations

Turks and Caicos and a lot of relaxation

Soothing scent

It's worth noting that the inside of every building on Parrot Cay smells like a combination of lavender, peppermint and eucalyptus. You'll want to inhale deeply each time you come inside.

► Parrot Cay is a resort that is anything but a last resort ► It is high-end without feeling elitist ► But yes, this luxury will cost you

Wellness

Celebrity cachet is merely a byproduct of Parrot Cay's main attraction: the resort's focus on wellness. The owners have harnessed the island's natural therapeutic powers — and by placing spa buildings on high vantage points that overlook the ocean, they celebrate its serene landscape. Whether you're practicing yoga or indulging in a massage — the resort has elaborate choices for each — your line of vision is nothing but verdant mangrove and turquoise ocean.

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One problem with vacationing at a resort is that you don't always get an accurate feel for the part of the world you're visiting. There's an unavoidable suspicion that as you sit poolside, sipping some alcohol-infused slush, listening to carefully programmed steel drum songs (which could also be described as alcohol-infused slush) that the real culture is pulsating a few miles away. With the island of Parrot Cay in Turks and Caicos, this is not the case, because the resort here is the culture — and it's thriving.

The small island, owned by COMO Hotels and Resorts, is preserved in a state of natural beauty. Lush native flowers abound and there is hardly a place where you're not able to see the Technicolor blue waters of the Caribbean. At its peak population there will only be about 250 people on the island. Among those 250 just happen to be people like Keith Richards, Bruce Willis, Christie Brinkley and Donna Karan.

Cuisine

Parrot Cay's elaborate wellness program (see sidebar) extends



► If you sleep in an ocean-facing room, one of the cheaper accommodations available, this could be your view.

to the cuisine at the resort. In addition to a regular menu, which features plenty of decadent choices that you'd hope for on vacation, the restaurants offer what they call a Como Shambala menu. This alternative delivers healthy options that don't preclude deliciousness. For breakfast, try the sweet corn hotcakes with smoked salmon, avocado, roast tomatoes and cottage cheese.

There's no pressure to participate in any of the wellness agenda; it's just a means by which to achieve relaxation, which is easy to do here with or without it.

Activities

Whether it's the pervasive calming aroma or focus on wellness, most of Parrot Cay's employees exude a chilled-out

vibe. You won't see any large signs with rules telling you what not to do, like at some other resorts. You don't even have to sign out the free aquatic gear you use — but if you need instruction on how to use a paddle board, windsurfer or catamaran, the staff is there to assist.

PAT HEALY
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COMO HOTELS AND RESORTS

Accommodation

Even when Parrot Cay is at capacity, it still feels empty as you walk miles of sugary beach. Staying at here is not exactly cheap, but the rates are at their lowest right now through November (triple-digit temps are the norm during this part of the year, and hurricane season comes in early fall). As for the

prices, the lowest tier are the veranda rooms and suites. A garden-view room starts at \$500 per night and can easily accommodate a couple and two small children. The next tier, beach houses and villas, start at \$2,000 per night; as the prices go up from there, so does the size of your own private pool and the amount of privacy you have.

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Headlines



1



2



3

1 Venus Williams lost 6-1, 6-3 to Elena Vesnina in the first round of Wimbledon yesterday. It took just 75 minutes.

2 Guard Tony Parker said yesterday he almost lost his eye in the Chris Brown-Drake bar fight. He said he might miss the Olympics.

3 Jets defensive lineman Muhammad Wilkerson was charged with careless driving yesterday after flipping his car. He was uninjured and drinking did not play a role.

Stoudemire apologizes for using gay slur

Knicks power forward Amar'e Stoudemire got himself entangled in an ugly situation after using a gay slur in response to a fan who called him out on his poor 2011-12 season.



The fan, Brian Ferrelli, tweeted "you better come

back a lot stronger and quicker to make up for this past season" to Stoudemire's account in response to Stoudemire saying he was working out.

Stoudemire sent a direct message, only visible to himself and Ferrelli, in which he cursed and used the slur. Ferrelli posted the private message for everyone to see.

Stoudemire apologized to Ferrelli about 10 hours later, tweeting, "I apologize for what I said earlier. I just got off the plane and had time to think about it. Sorry bro!! No Excuses. Won't happen again."

According to reports, the NBA is investigating the incident. **METRO/MO**

PG Nash talks Knicks again

A week after Steve Nash said he would "definitely consider" signing with the Knicks once free agency begins on July 1, he was again asked the same question on ESPN Radio in New York. And he didn't back down.

"It sounds like a company line, but my situation really right now is I'm open to everything," Nash said.

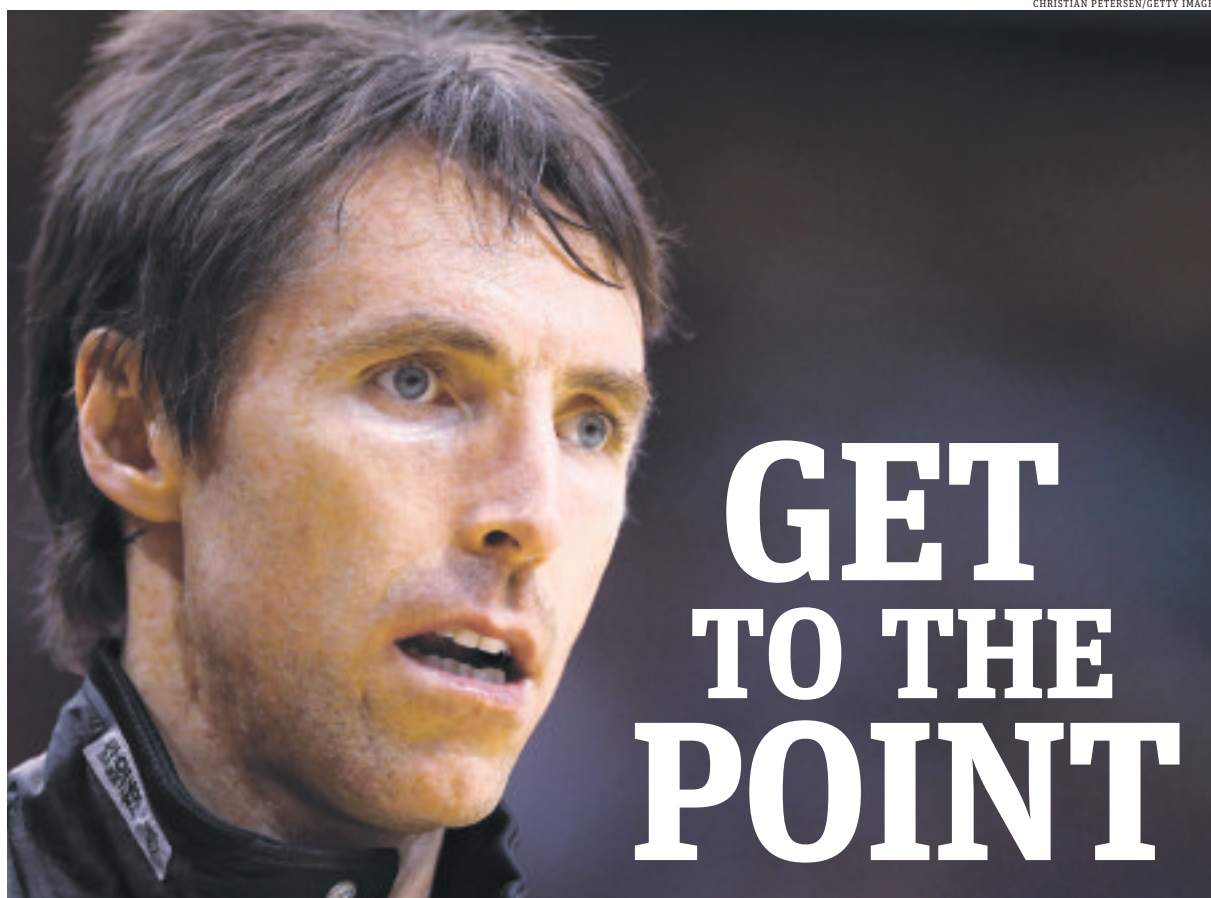
What Nash did say is that he will take his time in making his decision to make sure it's the right one. He said he was worried about signing with a team for less money simply because they were a championship contender and then seeing a key player getting hurt.

That doesn't necessarily bode well for the Knicks, who won't be able to offer him as much money as other teams with more salary cap space. The good news is, Nash said "for me, it would be hard to put on a Lakers jersey."

METRO/MO

NBA FREE AGENCY PREVIEW — JULY 1

CHRISTIAN PETERSEN/GETTY IMAGES



GET TO THE POINT

► After Knicks' mostly non-existent draft, free agency begins this weekend
► New York has eye on a point guard ► But not a lot of money to spend

The NBA draft kicks off tomorrow night. And the Knicks have no first-round pick. Free agency begins Sunday. And they have very little cap space.

But that doesn't mean it's all bad news for a team that badly needs to improve if they are going to compete with the Bulls and Heat atop the Eastern Conference.

Steve Novak and Jeremy Lin won their Bird rights hearings over the weekend and will likely be back in the fold because

of it. Reports on Monday indicated the Knicks also plan to re-sign J.R. Smith even though he won't pick up his option.

That means they have their midlevel exemption and about \$3 million to dedicate to that position.

Metro takes a look at some of the free agents available to the Knicks — for the right price.



MARK OSBORNE
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Point guards

It doesn't take a general manager to know the Knicks will likely be focusing first and foremost on a point guard, even with Lin re-upping (barring a large, long-term deal).

No, you're not getting Deron Williams, but there are a lot of intriguing names that might take a small cut to sign in New York. Steve Nash is the biggest name, but he could get more money elsewhere. Does he think the Knicks are close enough to a title? Realistically, no one knows.

Two other names that could be more realistic are Goran Dragic and Andre Miller. Miller made \$7.8 million last year, but knows he won't make that this year. Dragic played just 26 minutes per game for Houston in 2011-12, but averaged 11.7 points and 5.3 assists.

Centers

One of the subtlest problems last year was the absence of a backup behind Tyson Chandler.

You can ride with Josh Harrellson, but he doesn't instill a lot of confidence even if he showed brief glimpses of talent. One name that stands out is former Knick Marcus Camby. Aaron Gray, who had 5.7 rebounds per game in just 16 minutes is also an intriguing name.

Forwards

Jared Jeffries reportedly wants to re-sign, which would be good on the defensive side.

But let's be honest, he provides nothing offensively. Names like Gerald Wallace, Kris Humphries and Brandon Bass are too expensive. The most intriguing name is Ersan Ilyasova, who averaged 13 points and 8.8 rebounds in 2011-12.

Heading East

That other team in New York — as of this offseason — has a lot of holes to fill either by re-signing players or bringing in new ones. We look at a few:



- **SF Gerald Wallace (UFA)** Wallace opted out after 16 games and is therefore an unrestricted free agent. The Nets better hope the reason they lost the No. 6 pick re-signs.
- **PF Kris Humphries (UFA)** The song and dance between Nets and the former Mr. Kardashian continues. He averaged 13.8 points and 11 rebounds last year. For some reason, Billy King doesn't seem inclined to re-sign him.
- **C Brook Lopez (RFA)** The Nets have a \$4.2 million qualifying offer in and it's likely they will bring him back even though he can't rebound. Then again, his brother is also available.

No longer off to the side

► Yankees reliever Eppley rides sidearm motion into growing position in bullpen ► Complete overhaul has added velocity, drawn more grounders

Old Timers' announced

The Yankees released the list of attendees for the 66th annual Old-Timers' Day ceremonies taking place Sunday.

Hall of Famers Yogi Berra, Whitey Ford, Goose Gosage, Rickey Henderson and Reggie Jackson are the headliners. Joe Torre will also be there and among those making their debuts at the event are recently retired trainer Gene Monahan and former manager Stump Merrill. ● METRO/LF

Cody Eppley was not always a sidearm pitcher but when his velocity began dropping significantly, he had to do something.

So at the suggestion of Texas Rangers minor league pitching coordinator Danny Clark, he switched from the conventional way of throwing to the side arm motion that's been used by Mike Myers, Chad Bradford and in the past by Kent Tekulve and Dan Quisenberry.

"My velocity had been down that spring training and he suggested it to me and try to see if that would work and if my velocity would come back," Eppley said. "It was kind of one of those things where I dropped down and I spent about two weeks throwing like that and I've been doing it ever since.



"For Joe and Larry to have confidence in me to get some of those outs, it's been awesome."

CODY EPPLEY, ON HIS SETUP ROLE

"When they drafted me it was 92, 93, but in spring training next year, my velocity dropped from over the top. It dropped to 87 and I didn't know what was actually wrong so that first year throwing

sidearm, my initial velocity was only about 84. Since then I was able to come around and get it to 88, 90, which is what it is now."

In 18 innings, spanning 22 appearances, Eppley has recorded five double plays while allowing just 15 hits. His role has evolved from mop-up duty to setting up in the late innings. The timing of his appearances have gained more importance as pitching coach Larry Rothchild and manager Joe Girardi trust him more.

"It's been awesome to get the experience and for them to have confidence in me for that," Eppley said.

LARRY FLEISHER
sports@metro.us



► Eppley was a 43rd-round pick by the Rangers in 2008.

UFC's Silva: 'Going to break his face, teeth'

It had been long speculated that UFC middleweight champion Anderson Silva disdained rival Chael Sonnen.

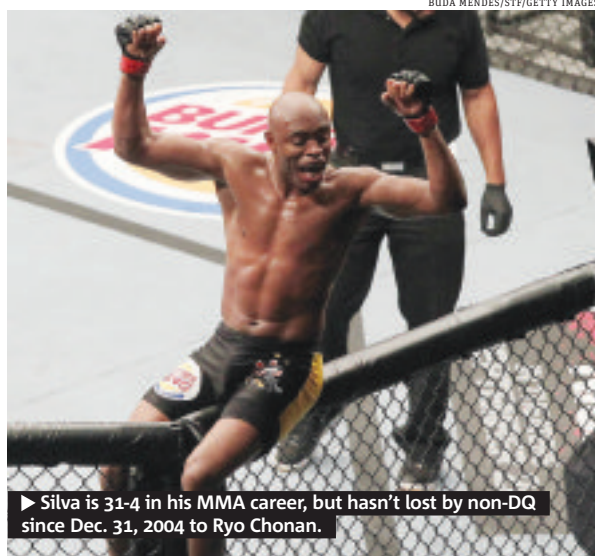
There is no doubt anymore. "[I am] going to break his face, break every one of the teeth in his mouth," an agitated Silva said through a translator during yesterday's conference call to promote the July 7 UFC 148 pay-per-view from the MGM Grand in Las Vegas.

Silva will meet Sonnen in a rematch of their UFC 117 title fight. Silva won that fight by submitting Sonnen with a combination triangle choke and arm bar at 3:10 of the fifth round.

But what's been remembered about that fight is the way Sonnen used his wrestling to dominate Silva for the first four and a half rounds.

It marked the only time in Silva's 14-fight UFC career that he was in serious danger of losing. Silva is the longest reigning champion in UFC history and has recorded nine consecutive successful title defenses.

"[I'm going to do] something to change [the perception of the sport]," said Silva, who routinely raised his voice



► Silva is 31-4 in his MMA career, but hasn't lost by non-DQ since Dec. 31, 2004 to Ryo Chonan.

"Play time is over. The joke is over. I'm going to beat his [butt] out of the UFC."

ANDERSON SILVA, ON SONNEN

throughout the half-hour call before abruptly hanging up. "[His] arms are [going to be]

broken. [His] legs are [going to be] broken. He's going to be carried out of the Octagon. ... [He's] going to need a plastic surgeon."

Silva's out-of-character outburst shocked UFC President Dana White.

"Never heard him talk like this," White said. "Never heard Anderson Silva talk like this." ● DENIS GORMAN

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NOTICE OF FORMATION of Ding Associates (USA) LLC.Arts. of Org. filed with the Secy. of State of New York (SSNY) on 1/17/2012. Office location: Kings County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 849 57th Street, Suite 801, Brooklyn, NY 11220. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the Department of Consumer Affairs will hold a Public Hearing on Thursday, July 5, 2012 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from West Side Steakhouse LLC to establish, to maintain, and operate an unenclosed sidewalk cafe at 597 Tenth Avenue in the Borough of Manhattan for a term of two years.

REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004

Notice of Formation of URL Collection LLC Articles of Organization filed with Secretary of State of NY (SSNY) on 2/14/ 2012. Office location: New York County.SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o The LLC, 1189 Broadway, New York, NY 10001 which is also the principal business location.Purpose: any lawful activity.

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